

### MathCounts Trainer

[https://artofproblemsolving.com/mathcounts\\_trainer](https://artofproblemsolving.com/mathcounts_trainer)



This trainer has a lot of practice MathCounts questions, and it adapts to your skill level to give you challenging questions

### Growth Mindset Video

<https://www.youtube.com/watch?v=YI9TVbAaI5s>



|         | <b>Growth Mindset 😊</b>   | <b>Fixed Mindset 😞</b>   |
|---------|---|--|
| Summary | <b>Intelligence can be developed.</b><br>Doesn't mean that everyone has same initial talent but you believe that everyone can get smarter.  | <b>Intelligence is a fixed trait.</b><br>Turns people into non-learners, not worth putting the effort in.  |
| Rule #1 | <b>Learn, learn, learn.</b><br>("It is much more important for me to learn things in my classes than it is to get the best grades.")  | <b>Look smart at all costs.</b><br>("The main thing I want when I do my school work is to show how good I am at it.")  |
| Rule #2 | <b>Work hard, effort is key.</b> ("The harder you work at something, the better you'll be at it.")  | <b>It should come naturally.</b><br>("To tell you the truth, when I work hard at my school work it makes me feel like I'm not very smart.")  |
| Rule #3 | <b>Capitalize on your mistakes and confront your deficiencies.</b><br>(After a disappointing exam score, "I'd work harder in this class and spend more time studying for the tests.") | <b>Hide your mistakes and conceal your deficiencies.</b><br>(After a disappointing exam score, "I'd spend less time on this subject from now on. I'd try not to take this subject ever again, and I would try to cheat on the next test.") |